

(TMI Newsletter – July 2014)

FROM THE DIRECTOR'S CHAIR OBEs Then and Now

Hello, Everyone!

Given what Monroe Institute program participants are saying, the desire to have an OBE is as popular now as it was 43 years ago when Bob Monroe's first book, *Journeys Out of the Body*, was published. In fact, attaining the out-of-body state may be a more popular aspiration than ever now that "out-of-body experience" is a mainstream expression. Thank you, Charles "Charley" Tart, for helping to popularize the term!

With Bob Monroe as my friend and mentor, I was a fortunate teenager to have learned techniques from him about how to travel out-of-body. One of my strongest OBE memories is of "flying" with Bob and my mother, Nancy Penn, as Bob led us on an exuberant joyride. This was not about going into other Locales, such as Bob describes in his books; instead, we kept it "local," swooping over the lush Blue Ridge Mountains, zooming fast and low to the ground like jet pilots flying "nap of the Earth," then soaring high up into the air, doing rolls and spins, much like you might see at an air show. It was an exhilarating experience and great fun—something I will always remember with deep fondness.

The next day I told Bob and Mom about my experience, wondering if I had actually been out of body or possibly just dreaming. They both grinned and acknowledged having had the "joyride" experience with me. What a rush that was, knowing it was a real, shared OBE! There have been other out-of-body experiences since then, but that was the only mutual adventure with them—that I can recall!

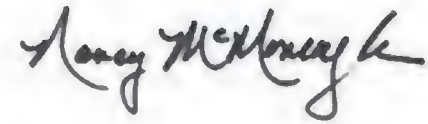
Despite being famously known for his OBEs, Bob did not want to focus solely on teaching the out-of-body process. He didn't want to imply that exploring consciousness was reliant on the OBE. To Bob, OBEs were a means to an end—a personal gateway into the realms of consciousness exploration. Today, TMI programs continue to focus on providing tools to achieve, explore and use diverse and profound levels of consciousness. Our programs have given tens of thousands of people the means to discover and experience the magnitude of who they really are, to **know** that they are more than their physical bodies.

For those interested in specifically learning techniques to achieve the out-of-body state, we have William Buhlman's *Out of Body Intensive* program here at TMI. Through Bill's books and the Intensive, he gives people unique tools to achieve OBEs and to expand perceptual capabilities far beyond physical limits.

On a final note, for some captivating "inter-dimensional" reading that connects science and spirituality, I highly recommend *Time Travel Rabbit*, by Momi Douglas (aka Douglas Fir), a TMI friend from years past. I couldn't put it down!

With warmest regards,

Nancy McMoneagle

A handwritten signature in black ink, reading "Nancy McMoneagle". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

President, Executive Director